

KY TEACH PROJECT

KY Commission for Children with Special Health Care Needs
333 Waller Avenue, Suite 300
Lexington, KY

Phone: 859-252-3170 or 800-817-3874
Fax: 859-225-7155



EMAIL US!
kytransition@aol.com

Do you need help finding resources or services in your area? Here's a website that can help:
www.kycares.net



HOLIDAY COOKING: Peanut Brittle

Ingredients

- 1 1/2 cups unsalted peanuts
- 1 cup sugar
- 1/2 cup corn syrup
- 1 tsp. vanilla
- 1 tsp. butter
- 1 tsp. baking soda

Instructions:

Combine peanuts, sugar and corn syrup in microwaveable bowl. Microwave on high for four (4) minutes. Remove from microwave and stir. Microwave for three (3) more minutes.

Remove from microwave, add vanilla and butter, stir. Microwave for 2 minutes. Remove from microwave, add baking soda. Stir. Spread onto oiled cookie sheet or pizza pan. Cool until set. break into pieces and enjoy!

HOLIDAY FUNNIES...

Q: What do you call a polar bear wearing ear muffs?
A: *Anything you want. He can't hear you!*

Q: What do reindeer have that no other animals on earth have?
A: *Baby reindeer.*

Q: What do you call a chicken at the North Pole?
A: *Lost.*



If you have a joke or riddle you would like to be featured in the next newsletter send it to:

KY TEACH PROJECT, 333 Waller Avenue, Suite 300, Lexington, KY 40504



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Independence

Work Ethic—What Employers Want

What is Work Ethic?

Having work ethic means being personally accountable and responsible for the work that we do and is based on a belief that work has value. In sports, for example, work ethic is frequently mentioned as a characteristic of good players. A good work ethic is usually associated with people who work hard and do a good job, and this is what employers are looking for when they hire employees.

The many characteristics of work ethic can be summarized using three terms -- interpersonal skills, initiative, and being dependable.

Interpersonal skills are the habits, attitudes, manners, appearance, and behaviors we use around other people. These affect how we get along with other people.

Initiative is personal motivation, a very important characteristic for workers. Without initiative, procrastination (putting things



off) and missed opportunities can become a real problem. With no initiative, sometimes poor performance results and leads to losing your job, without any second chances.

Being dependable is one of the most highly sought after traits for workers. Honesty, reliability, and being on time are valued characteristics. People who are not dependable often are very expensive to keep around because of the wasted time and resources their behavior causes.

Think about these characteristics in terms of your **own** traits and behaviors and decide if you have the work ethic that employers want! If you'd like to learn more about work ethic, you can take a work ethic assessment at <http://www.coe.uga.edu/workethic/>.

(Adapted from The Work Ethic Site by Roger B Hill. Ph.D. Department of Occupational Studies, UGA)

CCSHCN
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Kentucky Commission for CSHCN Regional Offices and Phone Numbers:

- Ashland**
800-650-1329
- Barbourville**
800-348-4279
- Bowling Green**
800-843-5877
- Edgewood**
888-542-4453
- Elizabethtown**
800-995-6982
- Hazard**
800-378-3357
- Hopkinsville**
800-727-9903
- Lexington**
800-817-3874
- Louisville**
800-232-1160
- Morehead**
800-928-3049
- Owensboro**
877-687-7038
- Paducah**
800-443-3651
- Salersville**
800-594-7058
- Somerset**
800-525-4279



SUCCESSFUL LIVING:

Grant Logsdon—Entertainment Writer for DC @ctive Teen

Kentucky native Grant Logsdon is not letting his disability slow him down. Grant is the entertainment writer for Disabilitycentral.com which is just one of his many interests and activities. Here's some more information about Grant taken from his website at DC @ctive Teen.

My name is Grant Logsdon and I'm the entertainment columnist for DC @ctive Teen. I'm 18 years old and a junior in high school in Kentucky. An entertainment columnist from Kentucky? You may ask what a young man living in Kentucky knows about entertainment. Well, what I know may surprise you. Yes, it's my dream come true! I'm an entertainment junkie and I'm excited to share all the opportunities the entertainment world offers people with disabilities.

I have cerebral palsy and severe vision impairments. However, my disability hasn't prevented me from doing what I like to do. I love camping, fishing, and pretty much anything that has to do with the outdoors. Every summer I go boating with my friend, Jerry, to Patoka Lake in Indiana. I also enjoy abstract painting. I like to take interesting shapes or textures and paint them. I also make pottery. I volunteer at the Parent Information Project in Kentucky making presentations to people with disabilities and their families and

professionals about my life. I talk to them about growing up with a disability and show them what I've made of myself.

My educational goal is to go to college and major in law and minor in technology and engineering. In the future, I want to become an attorney. I am currently researching colleges that will best suit me. Another of my professional goals is to start a medical supply business. My store will carry products that look sharp and are unique. I also want to contract with businesses to survey them about their accessibility based on my own personal real life experiences.

I'm thrilled to be a part of @ctive Teen and to have the opportunity to interact with you. I welcome your ideas and input to my column and I look forward to talking with you once a month in the "Writers Forum" in the DC @ctive Teen Chat Room.

You can reach me at EntertainmentWriter@disabilitycentral.com. I am really excited about getting to know new people and am eager for readers to send me gossip, news or bulletins about celebrities, parties, and events related to the entertainment industry.

Visit the @ctive Teen Ezine at <http://disabilitycentral.com/activeteen/welcometype.html>

HEALTHY LIVING:



Avoiding the Holiday Blues...

Grief, loneliness, and stress are often intensified during the holidays and can leave you feeling sad and blue. Unrealistic expectations of a picture perfect, Norman Rockwell Christmas; over-commercialization; and the added pressures of shopping, gift giving and cooking may further accent these feelings. If you think that you are experiencing the holiday blues or want to avoid them this year, here are some tips to help you cope.

- * Keep expectations manageable by setting realistic goals; pace yourself and organize your time.
- * Realize that the holiday season does not automatically banish reasons for feeling sad or lonely. Allow yourself room for these feelings and then decide what you can do to move beyond them.
- * Life is full of changes. Don't be disappointed if your holiday isn't exactly like the past. Each holiday season is different and can be enjoyed in a unique way. Try different ways to celebrate the holidays; create a new tradition like doing something for someone else or volunteering.
- * Don't drink too much alcohol. Excessive drinking makes you more depressed.
- * Spend time with people who are supportive and care about you. Reach out to new friends or contact someone with whom you have lost touch.
- * Enjoy holiday activities that are free, such as driving or walking around to look at holiday decorations.
- * Try your best to pay attention to what you eat. Enjoy rich holiday foods in moderation. Remember to work off those extra calories to avoid excess weight gain that makes you unhappy.
- * Others may be experiencing the blues as well and will appreciate your contacting them.
- * Make time for yourself. Don't spend all of your time providing activities for your family and friends.
- * If you have experienced a recent loss, accept that your grief may be intensified. Allow yourself to have these feelings of loss, mourn, have a good cry. Then talk with others, establish new traditions, and get some physical activity.

Adapted from Cabinet for Health Services Statewide News Release, Dec. 6, 2000